

VA Portland Health Care System

3710 SW U.S. Veterans Hospital Rd.
 Portland, OR 97239

503-220-8262 | 800-949-1004

Produced by the VAPORHCS
 Public Affairs Office

QUESTIONS / COMMENTS ??

Please email us at...

VHAPOR-PublicAffairs@med.va.gov

or call 503-402-2975

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Message from the Director



Joanne M. Krumberger
 Director, VA Portland
 Health Care System

I am very honored and proud to announce that VA Portland Health Care System's own Dr. James Henry of the [National Center for Rehabilitative Auditory Research](#) was named the [2016 recipient of the VA Magnuson Award](#) for his efforts in advancing tinnitus treatment.

The [Paul B. Magnuson Award](#) is presented annually to a VA Rehabilitation Research & Development Service (RR&D) investigator who exemplifies the entrepreneurship, humanitarianism, and dedication to Veterans displayed by Dr. Magnuson during his career. This accolade consists of receiving additional critical funding towards Dr. Henry's ongoing research and improving care for Veterans across the country. It is the highest honor for VA rehabilitation investigators and is a great example of the world class researchers we at VAPORHCS are incredibly fortunate to have. We will plan to have a public presentation during Research Day on May 5, 2016, in Portland.

Last month I announced the ribbon cutting and open house for the new Fairview Clinic, but since that time we had to change the date due to schedule conflicts. More details are in this newsletter, but it is now scheduled for March 3, at 10:30 a.m. I hope you can join us in celebrating this incredible new resource for our Veterans in our community.

On Feb. 25, 2016, I am privileged to support the newly formed [MyVA Cascadia Board-hosted town hall](#) as a member of that board. Veterans, family members and community leaders are all invited to this public event to provide their ideas and priorities to help identify and solve Veteran issues using resources within the community in partnership with the VA. Myself, Veterans Benefits Administration Portland Regional Office Director, and the Willamette National Cemetery Director are all participating board members of this non-VA organization and plan to be in attendance. Details are later in this newsletter.

I want to give a huge thanks to MyVA Cascadia Board co-chairs, Veterans Tom Mann and Kim Douthit, for their leadership in this truly community-based organization to help our nation's heroes.

In Service to Veterans,
Joanne M. Krumberger

Lincoln's Promise (VA Mission Statement)

"To care for him who shall have borne the battle, and for his widow, and his orphan" by serving and honoring the men and women who are America's Veterans.

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For [VAPORHCS Events and Classes](#)—got to the VAPORHCS Web page...
www.portland.va.gov/calendar.asp

VA partners with new MyVA Cascadia Board for town hall on Feb. 25

FOR WHO? Veterans, family members and community leaders

WHAT? Town hall-style meeting and VBA Claims Clinic with MyVA Cascadia Board including VAPORHCS, VBA and Willamette National Cemetery Directors.

Also—VBA will have a Claims Clinic before during the town hall with claim specialists and VAPORHCS will have patient advocates to address issues and answer questions.

WHERE? Montavilla Baptist Church, 9204 SE Hawthorne Blvd.

WHY? To provide ideas and priorities to help identify and solve Veteran issues using resources within the community.

WHEN? Feb. 25, 2016

- Claims Clinic starts at 4 pm, Town Hall is 6—8 pm.

Click [here](#) for a press release.

New Fairview Clinic Ribbon Cutting/Open House date change — March 3



The new 26,000 square foot Fairview Clinic (replacing the East CBOC) is scheduled to open for business March 11! Please join us for a ribbon cutting and open house event on March 3 at 10:30 am.

The new location is: **21600 NE Halsey St., Fairview, OR 97024**

More details can be found on the [VAPORHCS Web Site](#) and on our [Facebook page](#).

The East Portland CBOC located at 10535 NE Glisan Street, Gateway Medical Bldg., 2nd Floor, Portland, OR 97220, will be closed as of March 4 to allow for the transition – we apologize for any inconvenience. Services will still be scheduled, but at other VAPORHCS facilities.



Save the Date:

Wednesday, March 23, 2016

1:00 pm

Location:

VAPORHCS Vancouver Campus
 1601 E. Fourth Plain Blvd.
 Vancouver, WA 98661



(See VAPORHCS' [Events' page](#) )



More details to include specific times will be announced soon

Portland VA investigator receives VA's Magnuson Award for advancing tinnitus treatment

By Mitch Mirkin

Office of Research and Development
Veterans Health Administration



[James Henry, Ph.D.](#), an audiology researcher widely known for his innovative work on treating and managing tinnitus, is the recipient of the 2016 Paul B. Magnuson Award, the highest honor given to investigators by VA's Rehabilitation Research and Development Service (RR&D).

Henry's work is credited with helping large numbers of Veterans and service members. The approach he developed, called Progressive Tinnitus Management, continues to be adopted nationwide in both VA and Defense audiology clinics.

"Patients have often been told to go home and learn to live with [their tinnitus], nothing can be done—and it's not really true," says Henry.

Henry is a research career scientist at the RR&D [National Center for Rehabilitative Auditory Research](#), based at the VA Portland Health Care System. He is also on the faculty at Oregon Health and Science University and Portland State University.

A potentially debilitating condition

Tinnitus and hearing loss are the top disabilities among Veterans. As of 2013, more than 1.1 million Veterans had a service-connected disability rating for tinnitus. Veterans are at higher risk than the general population because of their exposure to loud noise.

Those with the disorder perceive ringing, buzzing, whistling, or other sounds in their ears. Each person can hear something a bit different. The condition can disrupt sleep, affect a person's work and social life, and sharply increase the risk of depression or anxiety. In short, in more severe cases, it can potentially be debilitating.

Henry joined the Portland VA in 1987. Beginning in the 1990s, he pioneered a stepwise approach to tinnitus care that involves five levels. The majority of patients need only basic education on how to manage the condition. As the levels progress, therapy gets more intensive and long-term.

Henry's model stresses careful individualized assessment to determine a person's needs. In fact, he developed the Tinnitus Functional Index and the Tinnitus and Hearing Survey, two important tools clinicians now use to assess whether the condition is present, how severe it is, and how it is responding to treatment.

Patients needing higher levels of care might use sound generators, or hearing aids with built-in sound generators, or other approaches such as tinnitus masking or cognitive behavioral therapy. Patients at various levels might benefit from guided imagery, deep breathing, or other relaxation exercises, or simply more engagement in pleasant pastimes they enjoy.

A key ingredient for many patients is some type of sound therapy: soothing sound, which makes the person feel better; background sound, which makes the tinnitus easier to ignore; or interesting sound, which helps shift attention away from the condition. Along with specially designed sound generators, everyday devices from iPods and radios to tabletop fountains and electric fans can play a role.

Rigorous clinical trials validate approach

Henry has led a number of rigorous clinical trials testing the overall approach, or specific components of it. Two of the studies involved Veterans with traumatic brain injury. Research has also shown that Henry's method can be successfully delivered via telephone sessions, making it especially valuable for Veterans with tinnitus who live in rural areas.

In 2009, Henry and his team published a user-friendly 126-page manual called [How to Manage Your Tinnitus: A Step-by-Step Workbook](#).

PVAMC



VAPORHCS OEF/OIF/OND Program has a new name...

VHA changes name to ***Transition and Care Management Program***

OEF/OIF/OND Care Management has a new name! It is now “***Transition and Care Management.***”

In October 2007, the Department of Veterans Affairs established the OEF/OIF/OND Care Management Program to address the needs of wounded and ill Servicemembers and Veterans as they return from deployment and transition from the Department of Defense (DoD) health care system to the VA system of care.

Under VHA’s OEF/OIF/OND Care Management Program, each VA Medical Center (VAMC) has a designated OEF/OIF/OND Care Management team in place to coordinate patient care activities and ensure that Servicemembers and Veterans are receiving patient-centered, integrated care and benefits.

VHA is renaming the OEF/OIF/OND Care Management Program to the Transition and Care Management Program to more accurately reflect the purpose, target population, and future vision of providing care and case management not only to those Veterans who served in combat supporting OEF/OIF/OND, but also to post 9/11 Veterans who need care management.

Since inception, the VA Liaison and OEF/OIF/OND Care Management Programs have expanded and serve a broader population of transitioning Service Members and Veterans in need of case management. These teams also have primary responsibility to support and implement the new DoD/VA Lead Coordinator initiative for transitioning Service Members and new Veterans in need of complex care management.

If you are a post 9/11 returning Servicemember or Veteran in need of assistance, please contact a member of our Transition and Care Management Program.

PVAMC



Defining
EXCELLENCE
in the 21st Century

VAPORHCS

Transition and Care Management Team

If you are a post 9/11 returning Servicemember or Veteran in need of need of complex care management, please contact a member of our Transition and Care Management Program.

Call us at (503) 220-8262, ext. 53062;
Outside the Portland area: (800) 949-1004,
ext. 53062 with any questions or inquiries about
our TCM health care services.

Our fax number is (503) 220-3475.

In-person visits:

Please go to Building 101, Room 107

Mailing Address:

Portland VA Medical Center
Building 101, Room 107
3710 SW U.S. Veterans Hospital Road
Portland, OR 97239

You can find us on the Web too...

<http://www.portland.va.gov/services/returning/index.asp>